

## ABSTRACT OF THE DISCLOSURE

An element includes a body having a thin region in its substantially half lower portion and a head joined to the body by a neck. When the element is blanked out of a metal sheet, an excess amount of metal produced by pressing the substantially half lower portion of the body under a pressing load applied by a forming punch and a counter load applied by a counterpunch flows from the body into the metal sheet positioned on opposite side of the neck, and a metal flow is produced into laterally spaced ends of the neck. After the metal flows have occurred, the element is fully blanked out of the metal sheet by the forming punch. In the element, the head has relatively thick laterally spaced ends, and the head and the body have respective thicknesses equal to or smaller than the thickness of the head. The body includes a substantially half upper portion exclusive of the thin region, and has laterally spaced side end regions positioned on opposite side of a lower region of the neck. The laterally spaced side end regions of the body have a thickness smaller than the thickness of the lower region of the neck in the substantially half upper portion of the body.